



Food Diet

Your Plan has been successfully repaired. We Hope this plan suits your requirements dear Client

Please note that the Food Diet has been prepared by our Model is now in good condition.

Meal

Hello! We are GymPlus Diet Making Model and we are happy to tell you that your plan is ready.

Meal	Food Item	Quantity (grams)
Breakfast	Oatmeal with Almond Milk	150g
	Blueberries	50g
	Banana	100g
	Green Tea (unsweetened)	1 cup (not in grams)
Snack	Greek Yogurt	150g
	Chia Seeds	10g
Lunch	Grilled Chicken Breast	200g
	Quinoa	100g
	Steamed Broccoli	150g
	Mixed Salad (Lettuce, Tomato, Cucumber)	100g
	Olive Oil Dressing	10g
Snack	Apple	1 medium-sized (not in grams)
	Almonds	20g
Dinner	Baked Salmon	150g
	Sweet Potato	100g
	Steamed Asparagus	100g
	Mixed Greens Salad	100g

We hope the Diet helped you to achieve your goal.



Disclaimer: The cost is calculated with a fixed price per day of maintenance, please refer to the documentation for more details. We are not responsible for any damage caused by the use of this software.

